



# Diabetes Prevention & Control

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<http://idph.iowa.gov/diabetes>

Promoting & Protecting the Health of Iowans



Finding out that you or someone you love has diabetes is scary. You may feel sad, frustrated, or even angry. Diabetes is a serious health condition, but it can be controlled. The IDPH works with partners to help Iowans learn how to prevent and control diabetes and its complications.

A diabetes self-management education program shares success in any program that is seeing a patient drop their A1C from 9.7% to 6.9% after they have attended class, and then maintain their A1C at less than 7.0% for three years and still be going strong. Another success is having a former class participant call and ask to come in because they feel they need to fine-tune their diabetes care. Both of these examples illustrate the power and importance of diabetes education. Having patients share their stories with others in the community helps promote diabetes education and motivate others with diabetes to self-management.

Diabetes is preventable and controllable. The Iowa Department of Public Health helps Iowans learn how.

**Did you know?** One in three adults has **prediabetes**, and one in eleven has **diabetes**.

## Why is Diabetes Prevention & Control important to promoting and protecting the health of Iowans?

- An estimated 9 in 10 adults with prediabetes don't know they have it, so many Iowans have prediabetes but don't know it.
- Type 2 diabetes can be prevented or delayed through the evidence-based and cost-effective National Diabetes Prevention Program (NDPP).
- Approximately 225,365 (9.5%) adult Iowans have been told by a doctor that they have diabetes.
- Risk factors for diabetes include increased age, lack of physical activity, a family history of diabetes, certain socioeconomic conditions, obesity, and certain races and ethnicities.
- Diabetes self-management education can help patients gain knowledge and skills to modify their behavior and successfully self-manage the disease.

## Which Iowa Public Health Goals are we working to achieve?

Promote healthy behaviors

Strengthen the public health infrastructure

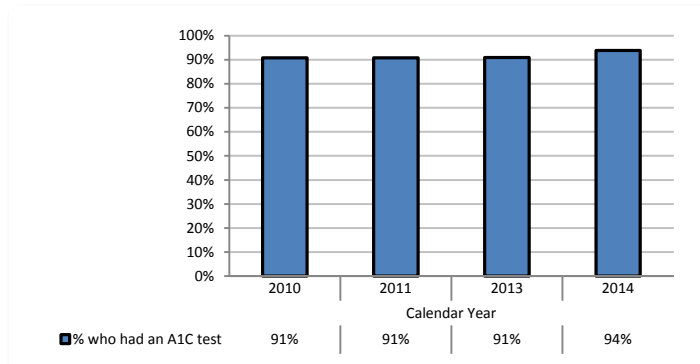
## What do we do?

The Health Promotion and Chronic Disease Control Partnership, which includes prediabetes and diabetes, collaborates with private and public agencies and organizations throughout the state to:

- provide education about diabetes prevention and control through training for health care providers.
- provide educational materials for communities, health care providers, and certified outpatient diabetes self-management education programs.
- promote awareness of prediabetes and diabetes.
- certify community-based outpatient diabetes self-management education programs.
- maintain involvement with diabetes care providers and educators statewide.
- monitor, evaluate, and report diabetes-related data.
- promote and support community-based self-management programs for people with or at risk for chronic disease.

## How do we measure our progress?

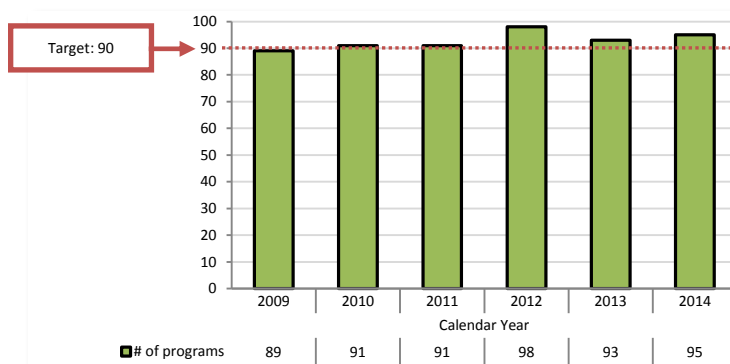
### ① Percent of Iowa adults with diabetes who had at least one A1C test in the last year.



Data Source: Behavioral Risk Factor Surveillance System (BRFSS). Data are available annually. BRFSS did not collect data for this question in 2012.

**How are we doing?** The percent of Iowa adults with diabetes who have at least one A1C test annually increased from the previous year. Note, it is recommended that this test be done at least twice a year and at least three months apart.

### ② Number of state-certified outpatient diabetes education programs.



Data Source: IDPH program records as of December 31 annually.

**How are we doing?** In 2014, the number of programs was 95. We have set a target of maintaining 90 programs annually.

## What can Iowans do to help?

1. Iowans can make sure they know their prediabetes or diabetes status and risk by talking to their health care provider.
2. Health care providers can screen and test their patients for prediabetes and refer eligible patients to the National Diabetes Prevention Program - NDPP ([www.cdc.gov/diabetes/prevention/](http://www.cdc.gov/diabetes/prevention/)).
3. Providers working with people with diabetes can refer them to an outpatient diabetes self-management education program (<http://idph.iowa.gov/diabetes>).
4. Iowans can reduce their risk for type 2 diabetes by being active most days, not using tobacco, eating healthy, and being at a healthy weight. For someone with diabetes, strict control can prevent or reduce complications including heart disease, stroke, kidney disease, blindness and amputations.

## Expenditures

Federal funds: 0153-0728(33%)

	State Fiscal Year 2014 Actual	State Fiscal Year 2015 Actual	State Fiscal Year 2016 Estimate
State funds	\$0	\$0	\$0
Federal funds	\$264,618	\$474,698	\$737,000
<b>Total funds</b>	<b>\$264,618</b>	<b>\$474,698</b>	<b>\$737,000</b>
FTEs	1.80	2.53	2.98

**Note:** Funding information is intended to provide an overview of funding related to the program area. It does not include all federal and state requirements and/or restrictions for the use of funds. Contact the program area for more detailed budget information.